

A MONTH'S SUPPLY

"It is...necessary that each home and family do what they can to assume the responsibility for their own hour of need. If we do not have the resources to acquire a year's supply, then we can strive to begin with having one month's supply."

--James E. Faust

Based on suggested amounts in "Essentials of Home Production and Storage," a month's supply of food for one person would consist of the following:

Grains	25 pounds
Powdered milk	6.25 pounds
Sugar or honey	5 pounds
Salt	1/4 box
Fats and oils	1-2/3 pounds
Legumes	5 pounds

A suggested month's supply of food for one person could consist of the following foods:

One case of 6 #10 cans-

1 can wheat (about 6 pounds)

1 can rice (about 6 pounds)

1 can rolled oats or macaroni (about 3 pounds)

1 can popcorn (about 6 pounds)

1 can non-instant non-fat dry milk (about 4 pounds)

1 can dry beans (5 pounds)

Plus

5 pound bag flour

4 or 5 pound bag sugar

26 ounce box salt

32 ounce bottle oil

ESTIMATED COST: less than \$25

Where facilities and equipment are unavailable for canning food in #10 cans, purchase the equivalent amount and store in a container with a tight fitting lid.

See <http://www.providentliving.org/content/list/0,11664,2250-1,00.html> for further information.